

Surf Life Saving Illawarra

Circular 09007



To: Coaches; Surf Sports
co-ordinators
From: Brad Hynard, Director of
Surf Sports
Date: 30th September 2009
Subject: Pools Rescue Clinics

The Illawarra Branch will be holding Pool Rescue clinics for any athlete wishing to compete at the NSW Pool Rescue Championships to be held at Woy Woy on the 24th October.

Another two clinics will be held on the following dates:

Age Categories: under 13's to Masters

Date: Wednesday 7th October 2009 and Wednesday 14th October 2009

Time: 10-11.30am

Where: University of Wollongong Aquatic Centre

What to bring: Swimwear and fins, all other training equipment will be provided.

Cost: \$3.00 per athlete

